

The Cumberland Catch Up

Autumn Edition 2023



Cumberland *View*

Welcome to the autumn edition

Hello residents, families and friends,

Where has the time gone? It's now time to rug up and stay warm as winter has settled in.

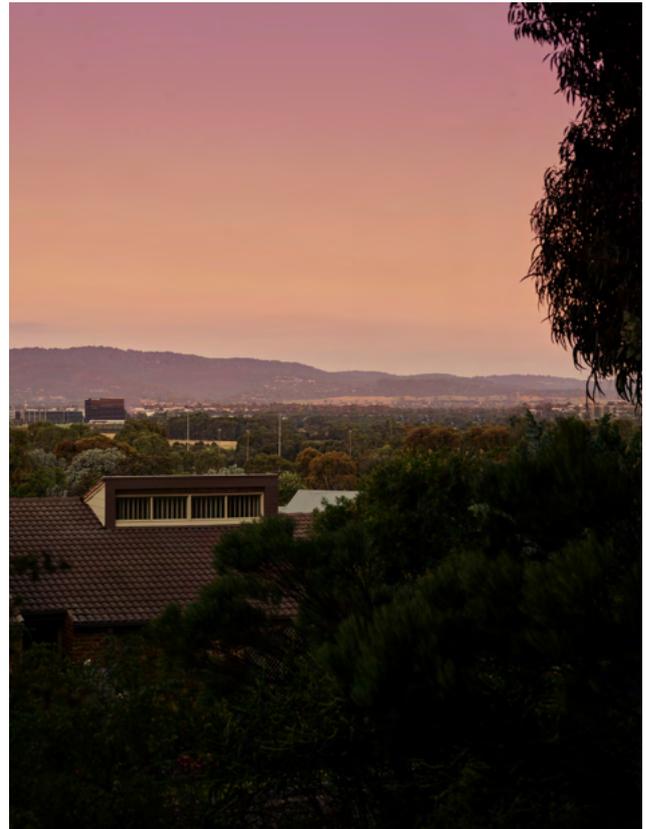
The AFL season has also kicked off and our footy tippers are keeping a close eye on the leader board.

In this edition, you will find all the latest activities and fun that we've had over the last few months, including St Patrick's Day, Easter, and International Nurses Day.

We have lots to look forward to heading into winter including the King's birthday celebrations, Christmas in July, and Daffodil Day, as well as some other cultural events.

If you have any feedback on what you'd like to see included in upcoming editions, please email lifestyle@cumberlandview.com.au. Don't forget to like us on Facebook so you can keep up with all the fun we have each week.

Janine Linnert,
Leisure and Lifestyle Coordinator.



Message from Joe, Facility Manager

Dear Cumberland View community,

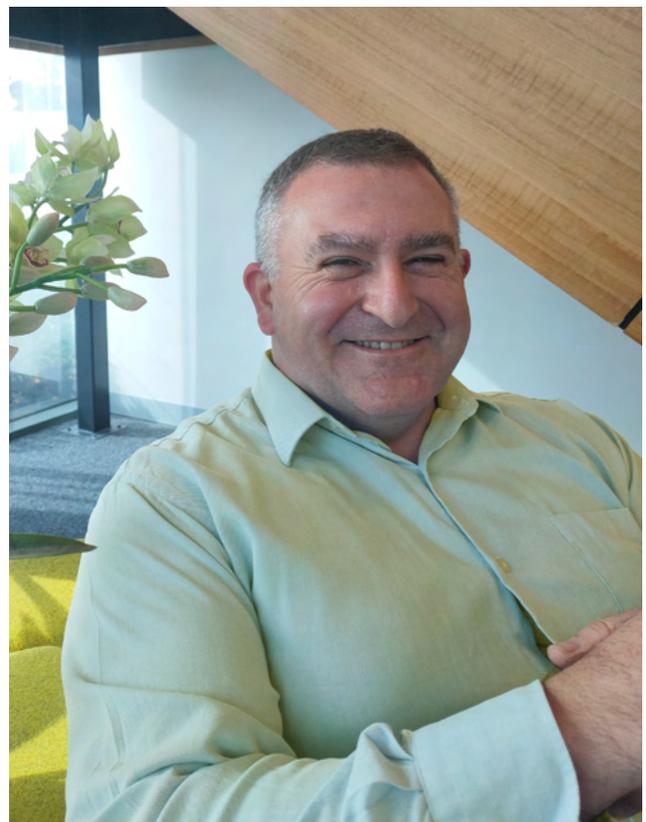
As we bid farewell to the warmth of summer and welcomed the crisp and colourful autumn season, we reflect on the wonderful fun we've had over the autumn months.

As we continue to navigate the ongoing challenges of the COVID-19 pandemic, it is now more important than ever to stay connected, informed, and engaged in the wellbeing of our residents. In this edition, we bring you snippets from autumn and upcoming events that residents look forward to.

We are proud to be a part of a community that values the wellbeing and dignity of our residents, and we remain committed to providing the highest quality care and support.

Thank you for your continued trust and we look forward to continuing our journey together.

Warm regards,
Joe Ciccarone, Facility Manager.



Autumn highlights

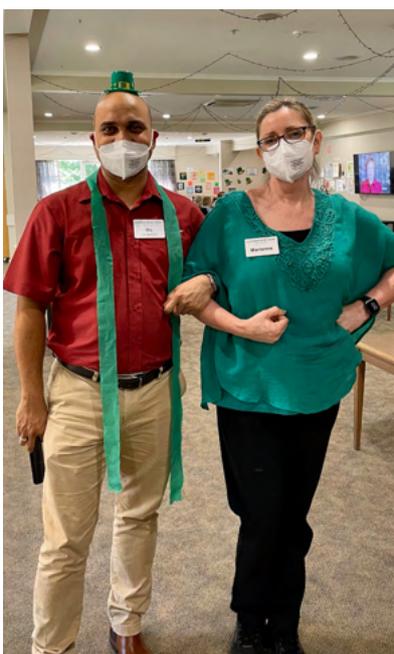
Over the autumn months, our residents have kept busy with our regular activities plus some highlight events including St Patrick's Day, Easter, ANZAC Day, International Nurses Day and Mother's Day.

Don't forget to like our page on Facebook to keep up to date with all the latest happenings at our home.

St Patrick's Day

We had fun at our St Patrick's Day celebrations in March. We were entertained by Irishman Alex Kyle singing some beautiful songs with his true Irish lilt. In 'Crafty Cumberland' we made 'Leaping leprechauns' and 'I feel lucky because...' decorated shamrocks.

There were plenty of Irish jokes told while sharing a green beverage, and residents got a bit competitive in our Irish themed trivia games. The kitchen baked cute shamrock orange and poppyseed themed cupcakes to enjoy while we headed to Ireland on armchair travel.



Easter

Easter was a festive time with our inaugural Easter egg hunt creating a very competitive but fun time for our chocolate lovers. We enjoyed a wonderful performance by Lorenzo, which was kindly arranged by Allison Monkhouse.

Not only did the kitchen put on a scrumptious morning tea, but the Easter Bunny also made an appearance, and the smiles were as big as his Easter basket filled with goodies. Residents were invited to attend the Easter services provided too. Orthodox Easter was acknowledged and celebrated one week later.



International Nurses Day

On International Nurses Day, we celebrated our wonderful care team and all that they do for our residents. We decorated the concert area with posters to thank our nurses. In our 'Crafty Cumberland' group, residents made 'Nurses are the heartbeat of health' thank you cards which were given by the residents to our nursing team. We treated our care team to a surprise afternoon tea to thank them for their hard work and dedication in providing high quality care to our residents.



Mother's Day

Mother's Day was a special occasion for the lovely ladies at Cumberland View. Winter scarves, perfume, and scented sachets were among the gifts given to all our beautiful ladies. A delightful array of delicious treats were provided by our wonderful kitchen team and Alex Matthews sung some favourites for all to enjoy.



Maurice bowls us over!

At Cumberland View, exercise and movement is a major part of the leisure and lifestyle program designed to enhance strength, coordination and balance. During the beautiful autumn months, residents enjoyed walking in the gardens and observing the stunning nature and surrounds of our unique home.

With daily exercise classes, seated Tai Chi and Yoga, there are various ways for residents to get involved and keep fit. Combining music and exercise such as 'Movement to Music classes and Beat It Drumming Group', gets residents singing and dancing along to various tunes.

Residents also like to get a little competitive with ten pin bowling, golf putting, and carpet bowls held weekly in the concert area.

For resident, Maurice, exercise had always been a large part of his life before moving to Cumberland View. 'I have always been active and used to run from Glen Huntly into the city as part of my training. I played baseball in St. Kilda as well as cricket and football and loved it all. I was the secretary of my baseball and football clubs, so the social side and team spirit were very important to me,' says Maurice.

When asked what his favourite exercise is at Cumberland View, Maurice responds, 'My favourite exercise? That's like asking me my favourite food. I love all food and I love all the exercises here at Cumberland. I get a great sense of achievement when I exercise. Working with the physio's each day as well as all our group activities keeps me fit'.



Maurice gets around the home in a wheelchair but is working hard with the physiotherapist team to gain back strength in his legs. He says he has, 'so much fun,' with all the exercise classes, adding, 'It is great that at Cumberland View I can continue to stay active and be part of a group because this is still very important to me'.

The social aspect of the movement program is important to ensure residents meet new people and have a laugh with friends. Maurice says, 'I have made many friends meeting up for exercise class and playing carpet bowls. It's a team effort and we all applaud giving encouragement even if we are on opposite teams'.

After each activity, residents enjoy a lovely cup of tea or coffee to wind down with other residents making the movement program the perfect social outlet too.

From a social aspect, Maurice says, 'All the great activities keep me motivated and give me something to look forward to each day'.

Lest we forget

On ANZAC Day, we remembered all of the Australians who left our shores to fight in wars and also those who stayed behind. We acknowledged the emotional trauma, suffering and loss but also the resilience and courage it took to keep hope alive.

We spoke to our lovely resident, Thelma, who experienced war at home in New South Wales.

Thelma came from a farming family of eight children. After WWI her father sold his farm and purchased a 5000-acre parcel of unfarmed virgin land between Dubbo and Trundle. The land had been newly released by the government and her father divided the land between growing wheat and grazing sheep. When WWII darkened Australia's doorsteps, Thelma's dad was a primary producer and was asked to serve his country, not going to war, but by growing food for the army.

As the war worsened, Thelma, her parents, and six other siblings tearfully waved goodbye to 17-year-old, William, who had been conscripted to serve in Papua New Guinea.

During the war, as young men left to fight, there was a shortage of farmhands to work the land. This meant that Thelma had to roll up her sleeves and work on the farm alongside her father and her 13-year-old brother. 'We worked as hard as any man,' she says.

During the war the government sourced farm support by creating the Australian Women's Land Army "AWLA". Women from the city would head out to help, learning new skills. During the latter part of WWII as much as 31% of women worked for the first time earning a wage. Thelma's family farm did not receive this help as she says, 'there were just not enough AWLA to support all the farmers'.

Thelma remembered the overwhelming emotional changes her community faced. 'We all grew up overnight. Ever fearful of news that a beloved husband, son, or brother was not to return. It was devastating, we all worried so much about William, and the other men too, but it did make our community closer, we looked out for each other. We became much more resilient.'

As the war came to an end the returned soldiers came back to work the land. Thelma was then 18 and her parents recognised that she had missed educational and social opportunities. So with her parents blessing, she joined the Women's Australian Airforce, or "WAAF".



While serving in the WAAF, Thelma trained as a dental nurse as the health of returned soldiers was a high priority. Thankfully for the family, her brother William did return home to them. He left a boy and returned a man, much changed, but luckily, he was home.

Thelma studied for three years in Melbourne after the war where she met her husband, who worked for General Motors in the vehicle production area. During the war he and his colleagues served Australia by staying home and building war planes.

So, like her father, her husband saw no active duty because his specialist skills were needed at home. Together Thelma and her husband spent 60 years working in a ministry of their faith. 'It was a privilege to have served both God and country,' she says.

For many Australians there were food rations, coupons, and austerity as they worked to keep our shores safe and strong in readiness to welcome their loved ones home from serving overseas. We thank the many Australians who served, died, or experienced loss to protect our country in all conflicts and wars.

Lest we forget.

Nursing with love

On Friday 12 May, we celebrated International Nurses Day with the opportunity to recognise the wonderful work of our caring, professional, and compassionate nurses and thank them for their endless dedication to the care of our residents.

One of Clinical Care Coordinators, Param Kaur, shares what inspired her to enter nursing and what drives her in her career.

Why did you choose to do nursing as your chosen career and what does it mean to you?

I wanted to pursue something in my career that is hard, engaging, and makes a daily impact in peoples lives.

In the nursing profession, I deal with numerous elements of patient care, and I appreciate the variation in the routine.

What do you enjoy most about working as a Clinical Care Coordinator at the home?

I always wanted to be a clinical lead because I want a profession where I can truly observe the impact of my work on the patients I serve.

I am a people-person with authentic empathy for others, and the position of Clinical Care Coordinator is ideally tailored to my inherent characteristics.

Because I appreciate collaborating with others, the hours are very accommodating to my personal life, and the position provides me with a great deal of variety.

I am a resilient individual who desires to be pushed and challenged in my work, and I believe I would be tired seated in an office every day doing the same thing.

I enjoy the enormous responsibility that comes with being a care coordinator, as well as the opportunity to influence how the treatment and care of patients evolve and progress within the healthcare organisation I am part of.



What is a special memory you have so far from your nursing career?

I would enter the patient's room while caring for a palliative care patient. The members of the family were either sitting quietly or sobbing. I explained to the family that hearing is one of the last senses to vanish. I asked about the patient, his life, and any amusing stories. I urged them to speak with him and revisit those experiences. The mood significantly altered after that discussion. Oftentimes throughout my shift, I would come and hear laughter, or hear great stories about his life.

Obviously, it was a tragic circumstance, but letting the family know it was okay to speak to him, talk about his life, and laugh about the memories helped everyone get through the worst day of their lives.



Meet the team: Heather - Receptionist

With many staff members in our home, we'd love to take the opportunity to get to know them a bit more.

In this edition, we get to know our wonderful Receptionist, Heather. If you see her around the home or if you make a visit to reception, please make sure you say hello.

What do you enjoy most about working at Cumberland View?

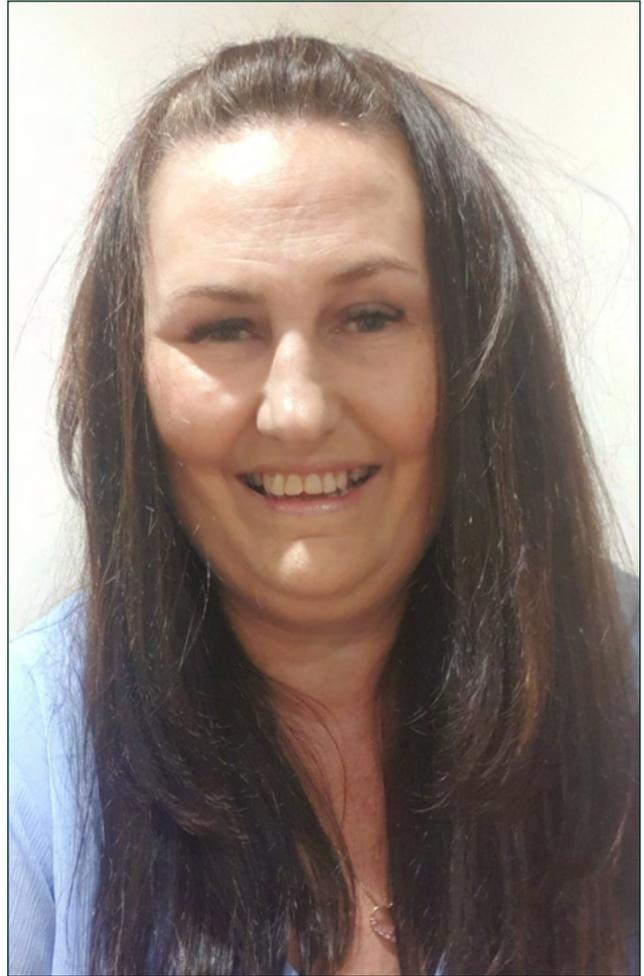
I feel lucky to have been a carer at Cumberland View for many years before moving to administration. I have loved getting to know all the residents and their families and hearing all their life stories. I love how some of the residents come down each day just to say hello .

What do you enjoy doing in your spare time?

Traveling around in our caravan with family and friends, the beach is my favourite destination. I like watching AFL but since moving to Gembrook I no longer go to the games but watch them on TV instead. I also enjoy cooking and eating out at different restaurants.

If you could travel anywhere in the world, where would it be?

Travel around Australia in our caravan. I don't like the cold weather so I would love to chase the sun and go a whole year without having to wear a jumper.



New staff members at Cumberland View

A very warm welcome to our new staff members. If you see them around the home, please be sure to say hello and introduce yourself.

Personal Care Assistants

Antonio Sopi
Blair Xu
Sajia Safi
Emma Tizio
Gurpreet Singh Kabbay
Janet Fletcher
Kriti Ghorasainee
Mehak Ahuja
Melanie Surposa
Natalia Kainth
Phebe Lagapa
Ranelyn Largo
Sharmila Lama
Stephen Pulvera
Suzan Ugrasbul

Registered Nurses

Gayanadi Mudiyanalange
Sneha Rajan
Kajaldeep Kaur

Enrolled Nurses

Aaron Gimena
Anastasia Dellar

Food Service Assistant

Nisansala Lakmali Jospheh



Noticeboard

A very warm welcome to our new residents

Trevor Hird
Cynthia Hird
Mary Hotton
Gerard Pignolet
Verna Slatter
Bernice Cunningham
Patricia Smith
June Walsh
Marianna Calleja
Johanna Oudyk
Marie Elliott
Niki Sigalakis
Konstantinos Sigalakis
Geoffrey Van Niekerk

Library Service

We have a mobile library service that picks up and delivers library books to residents' rooms.

If you would like to use this service, please speak to one of our friendly team members at reception.

Hairdresser

Our wonderful hairdresser, Sylvia, is here every Tuesday, Thursday and Friday from 9.30 am.

If you would like to book an appointment, please speak to our friendly team at reception or ask a staff member to write your name down in the hairdresser book.

Hot breakfasts

Join us in the dining room every Wednesday at 8 am for a delicious hot breakfast and tea and coffee.

We are here for you

If you'd like more information on the above services, please contact Janine Linnert: lifestyle@cumberlandview.com.au

In Memoriam

We offer our sincere condolences to the families and friends of our late residents.

Every cherished member of our community who leaves us, is sadly missed and fondly remembered.

Resident meetings

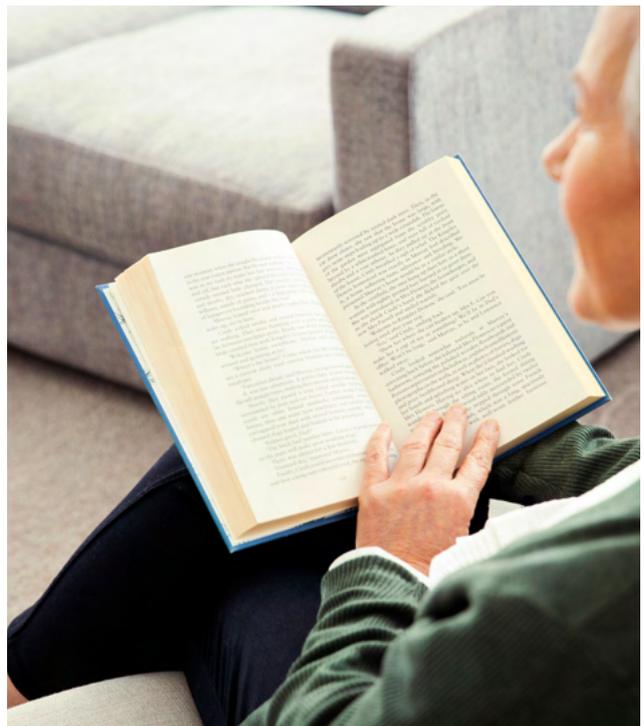
Join in for a chat and laughter, and find out all the latest happenings at Cumberland View.

Our residents meeting is on the first Monday of every month at 2 pm in the concert area. All residents welcome.

Devotions

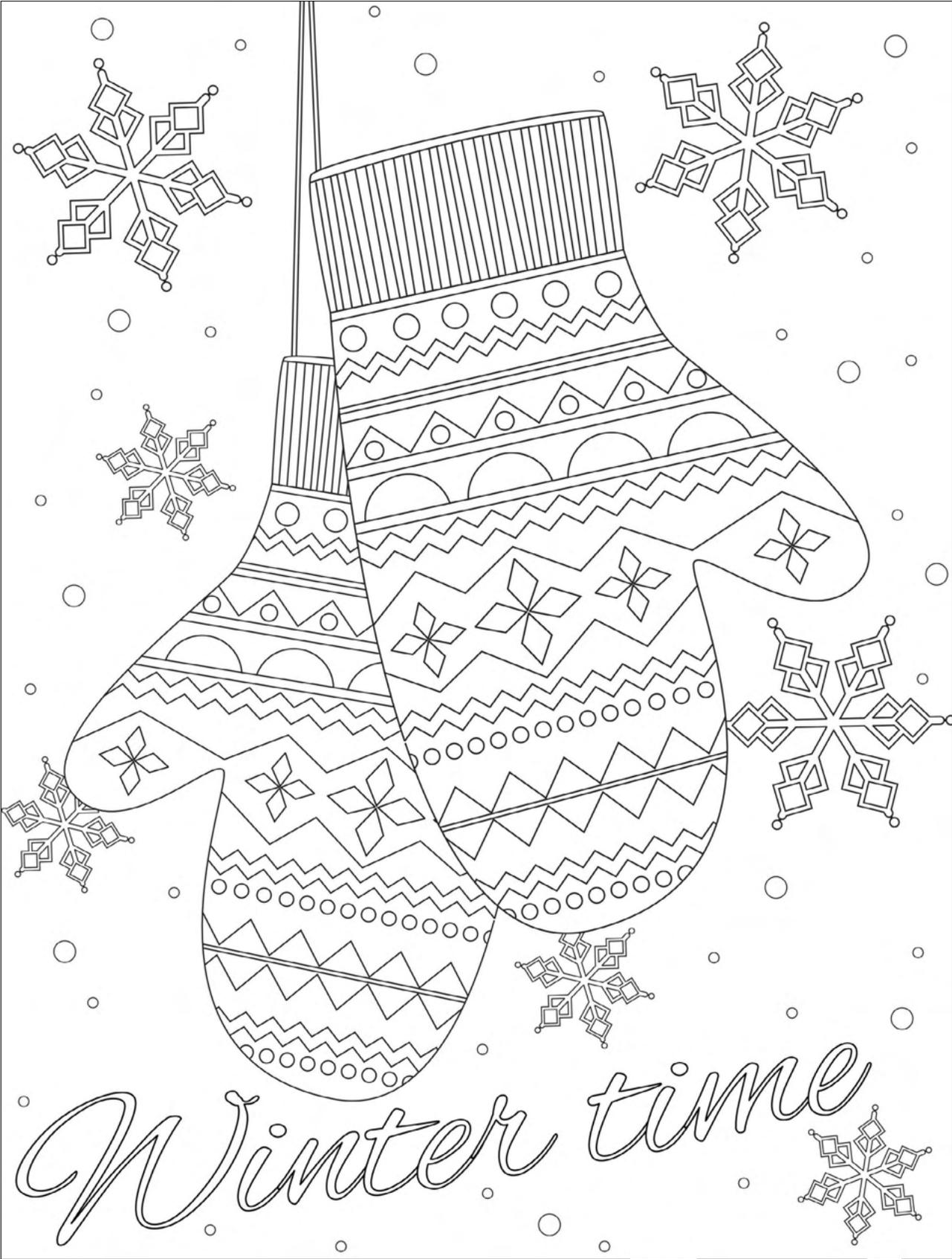
Join us in the concert area every Wednesday morning at 10.30 am for devotions.

We have multi denominational services on rotation each week. All residents are welcome.



Winter colouring

Cosy up in your winter woolies, grab your colouring pencils, and enjoy this therapeutic and calming colouring-in activity.



Upcoming events in winter

With many exciting events coming up in winter, residents will be entertained around the clock. We have a ballet performance from the Jacinta Murphy School of Dance, King's birthday afternoon tea and Christmas in July. Stay tuned for the next edition, or stay up-to-date by following us on our Facebook page.

Jacinta Murphy school of dance

On 16 June the *Jacinta Murphy School of Dance* ballet school will be performing to residents and will be sure to bring a smile as the troupe of tiny tots and intermediates dance away.

It will be a trip down memory lane for many as well as a thoroughly entertaining display of tutus and tulle.

King's birthday afternoon tea

For the first time, we will be celebrating the new King's birthday. King Charles III was crowned on the 6 May in spectacular fashion at his coronation at Westminster Abbey, London.

We are planning his birthday celebrations at Cumberland View on Monday 12 June. To honor our new King, we will be hosting our very own royal afternoon tea full of treats.

Christmas in July

Residents look forward to celebrating another Christmas in July with the kitchen team planning a delicious lunch feast for residents.

Come join in the winter wonderland fun where we create cherished memories while listening to the merry sound of Christmas carols.



Chef's corner

Food is one of the highlights for residents here at Cumberland View Aged Care, and sweet treats are a top favourite to enjoy with a hot cup of tea or coffee and friends.

Our head chef, Sumith, designs the menu based on nutrition and resident preferences, so that residents are satisfied.

A resident favourite from autumn is ANZAC biscuits, baked fresh in house by our kitchen team.

While ANZAC Day may have come and gone, there's no reason not to bake these sweet, warm and delicious treats to be enjoyed all year round.



ANZAC biscuits

10 mins prep | 10 mins cooking

Ingredients

1 1/2 cups plain flour

1 1/2 cups desiccated coconut

1 1/2 cups oats

1 cup caster sugar

250g butter

1/2 tbsp vanilla essence

2 tbsp bicarb soda

75g golden syrup

90 ml boiling water

Method

Step 1

Mix plain flour, coconut, oats, vanilla essence and caster sugar in a mixing bowl. Add melted butter and golden syrup.

Step 2

Mix bicarb soda with boiling water and add to bowl. Add plain flour and mix well to make a dough.

Step 3

Roll into small balls and place on a greased baking tray.

Step 4

Bake in an oven dry heated at 150 degrees celcius for 10 minutes or until just golden.



Games corner answers

Crossword

1	U	N	2	L	O	3	V	E	4	D		5	S	U	6	R	G	7	E	O	8	N
	P		A		O		E		I		A		N		O							
	S		P		9	O	N	A	N	D	O	N		C		B						
10	U	P	E	N	D		D		E		11	G	U	A	V	A						
	R		L		12	O	V	E	R	A	W	E		M		L						
13	G	U	S	14	T	O		N		R		15	R	16	E	P	E	L				
	E			I		17	A	D	18	A	M	19	S		N							S
		20	C	U	B		T		R		A		21	V	I	M						
22	A			E		23	M	24	Y	T	25	H	S		O						26	S
27	B	U	28	S	T	29	S		I		E		30	S	Y	31	R	Y	P			
	A		K		32	H	E	E	D	F	U	L		E								I
33	N	O	I	S	Y		L		T		34	O	L	D	E	R						
	D		I		35	E	D	D	Y	I	N	G		S		A						
	O		N		S		E		E		A		E		L							
36	N	E	G	A	T	E	D		37	R	U	N	W	A	Y	S						

Across

1. Forsaken
5. Theatre doctor
9. Incessantly (2,3,2)
10. Turnover
11. Tropical fruit
12. Daunt
13. Enthusiasm
15. Fight off
17. Throat lump,...apple
20. Young fox
21. Vitality
23. False beliefs
27. Drug aids
30. Pancake topping, maple...
32. Mindful
33. Loud
34. More aged
35. Swirling
36. Annulled
37. Airstrips

Down

- | | | | |
|---------------------------|-------------------------------------|--------------------------|------------------------------------|
| 1. Increase | 6. Park warden | 18. Singer,...Garfunkel | 28. Slalom sport |
| 2. Coat collar parts | 7. Pitch tent | 19. Anti-terrorist group | 29. Coyest |
| 3. Haitian witchcraft | 8. Illegal cricket deliveries (2-5) | (1,1,1) | 30. Campaign motto |
| 4. Cul-de-sac (4,3) | 14. Himalayan region | 22. Leave behind | 31. Mideast shipping passage (3,3) |
| 5. Holstered weapon (4,3) | 16. Delegate | 24. Surrendered | |
| | 17. Bank cash dispensar | 25. Weightier | |
| | | 26. Coils | |

Sudoku

Difficulty: Medium

2	5	9	8	3	4	6	1	7
8	4	1	2	7	6	3	5	9
3	6	7	1	5	9	4	8	2
6	8	4	7	1	5	9	2	3
5	1	3	4	9	2	7	6	8
7	9	2	6	8	3	5	4	1
9	3	8	5	4	1	2	7	6
4	7	6	3	2	8	1	9	5
1	2	5	9	6	7	8	3	4

Difficulty: Hard

5	8	3	4	7	1	6	9	2
4	9	7	2	6	5	1	8	3
2	6	1	3	9	8	5	4	7
9	7	6	1	8	4	3	2	5
1	5	8	9	2	3	4	7	6
3	2	4	7	5	6	9	1	8
7	3	9	6	4	2	8	5	1
8	1	2	5	3	9	7	6	4
6	4	5	8	1	7	2	3	9

Stay tuned for winter

Thank you

We would like to issue a heartfelt thank you to relatives and volunteers who support us day in and day out. You make such a difference and we very much appreciate your time and energy.

Can you contribute?

Contributions to our newsletter are encouraged and appreciated. Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us at lifestyle@cumberlandview.com.au.